adv. chance

The Common Cold

Prevalence

According to the United States Public Health Service, *the most prevalent illness in the United States is the common cold,* and vital statistics do not record the enormous number of persons who annually are subjected to suffering, inconvenience and economic loss because of common colds.

The word "cold" refers to acute infection of the mucous membranes lining the nose, throat and larger bronchial tubes. The process may even be more extensive and cause a generalized toxemia, commonly termed "grip" or influenza. When the infection spreads to the terminal bronchioles in the lungs, the disease results in pneumonia. Thus, *many pneumonias begin as a common cold.* It may be pointed out here that pneumonia kills more people in the United States than any other disease except tuberculosis and cardiac disease.

Common colds frequently occur in epidemics and are distinctly contagious. They may sweep through an entire household, city or State; attacking the young, adolescent and middle-aged and frequently result in death of the aged, the weak and the debilitated. Schools, factories and stores are suddenly crippled by epidemics of this sort and the complications and serious disorders following the disease add to the great economic loss produced in this way.

Bacteriology

Bacteriological investigations have demonstrated that the bacteria most persistently found associated with colds are the *Micrococcus catarrhalis, Bacillus influenza, Friedlander's bacillus, pneumococcus, streptococcus and stapylococcus.* Based on these findings, a vaccine made from these organisms is suggested to increase a person's resistance to colds.

Immunization

Immunization is useful in the spring and fall for persons who are subject to repeated attacks of "colds." The duration of immunity is from a few months to a year.

For immunization, four injections of the vaccine are usually given at intervals of three days.

Treatment

When the vaccine is employed in the acute stage of the disease, considerable relief is often experienced within 24 hours after the first dose. The congestion of the mucous membranes is diminished, secretion becomes less and breathing is rendered easier so that the patient feels much more comfortable. However, four doses at least of the vaccine should be administered in order to insure freedom from further symptoms.

For treatment, the initial dose is followed on the second day by the second dose, and subsequent doses may then be given every three or five days according to indications, until all symptoms of the disease have disappeared.

Administration

The injections of vaccine are preferably given *subcutaneously* in the tissues of the outer surface of the arm, over the insertion of the deltoid muscle.

Dosage

Catarrhalis Combined Vaccine. When the individual dose package is used, dilutions Nos. 1, 2, 3 and 4 are given. If this vaccine is used in 5, 10 or 20 c.c. vials, the first dose consists of ⅛ c.c., the second dose ¼ c.c., then ½ c.c., 1 c.c., etc.

Catarrhalis-Influenza Vaccine (supplied in 5 and 20 c.c. vials only). For the first dose, ⅛ c.c. is given; the second dose consists of ¼ c.c., then ½ c.c., 1 c.c., etc.

For Children

The vaccine treatment for colds is well borne by children and the doses of the vaccines mentioned above may usually be used for all ages.

Packages

Catarrhalis Combined Vaccine (*Lederle*)

	—Millions per c.c.—			
Dilution	(1)	(2)	(3)	(4)
Mic. Catarrhalis	25	50	100	200
B. Friedlander	25	50	100	200
Pneumococcus (Types I, II and III)	25	50	100	200
Streptococcus (Hemolyticus and Viridans)	25	50	100	200
Staphylococcus Albus	25	50	100	200
Staphylococcus Aureus	25	50	100	200

Code Word	
KICKOFF	Four syringes
WAIL	Four vials
CAMP	5 c.c. vial *(Dilution 4)*
CADET	10 c.c. vial *(Dilution 4)*
KEPT	20 c.c. vial *(Dilution 4)*

Catarrhalis-Influenza Vaccine (*Lederle*)

Millions Per Cubic Centimeter

Mic. Catarrhalis	200
B. Influenza	200
B. Friedlander	200
Streptococcus Hemolyticus	100
Streptococcus Viridans	100
Staphylococcus Albus	200
Staphylococcus Aureus	200
Pneumococcus I, II and III	200

Code Word	
KFLZS	5 c.c. vial
KATHE	20 c.c. vial

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